

The Benefits of Motivational Enhancement Therapy on Substance Abuse Disorders

By: Katie Cathey

PROBLEM:

Substance abuse and addiction kills thousands of Americans every year and impacts millions of lives. Addiction is a mental disorder which compels someone to repeatedly use substances or engage in behaviors even though they have harmful consequences (Addiction Center)

These statistics come from the Addiction Center:

- Almost 21 million Americans have at least one addiction, yet only 10% of them receive treatment.
- Drug overdose deaths have more than tripled since 1999
- From 1999 to 2017, more than 700,000 Americans died from overdosing on a drug.
- About 20% of Americans who have depression, or an anxiety disorder also have a substance use disorder.

Theoretical Framework:

I found my evidence research and presentation around Martin E. Rodgers theory of primary human beings. The nursing theory merged with the universe which were the gun being and his or her. The primary are one. Rodgers also explains that people have the capacity to participate in the process of change. The environment in the "irreducible, par-dimensional" field identified by pattern and shape as the human field. "The two fields connect and are integral to each other"

Recommendations/Conclusion

Overall, motivational enhancement therapy is an emerging therapy and offers several different benefits for substance abusers. I believe this therapy not just alone but incorporated with other treatments will have the greatest outcomes. Your facility offers the greatest Behavioral Therapy (DBT), Cognitive Behavioral Therapy (CBT), Eye Movement Desensitization and Reprocessing (EMDR), and Acceptance and Commitment Therapy. A systematic comparison between acceptance and commitment therapy and motivational enhancement therapy concluded that "Despite their conceptual and clinical differences, MI and ACT are complementary interventions."

Collaborations between MI and ACT researchers may yield fruitful cross-fertilization research on core processes and clinical outcomes. "I believe by adding Motivational enhancement therapy into your treatment plans for substance abuse users will produce the best outcomes for these patients"

Research Findings:

- This study was a pilot randomized controlled trial. It was set in a single emergency department in which 204 adult patients were randomly assigned to either the intervention or control group. Patients were randomized to either the intervention or control group. The intervention group received a 12-minute motivational intervention. The control group received usual care (EUC) or EUC plus usual care. Participants in the intervention condition group reported significantly lower levels of overdose risk behaviors and lower levels of non-medical opioid at follow-up compared to the EUC condition.
- This study consisted of a meta-analysis of 17 studies. The study focused on school-based brief alcohol interventions (BAI). They concluded that, implications for school-based BAI programming, individually delivered programs using motivational enhancement techniques (MET) are likely to yield beneficial outcomes among youth.
- This study was a randomized experimental study that included the 41 women who reported alcohol use in the 28 day prior to randomization. They concluded that MET is effective in decreasing alcohol and illicit-drug use in pregnant substance users reporting alcohol use. With 2-5% of US births affected by FASD.

QUICK FACTS:

- MET helps treat co-occurring mental health issues that are common in addiction
 - Obsessive Compulsive Disorder,
 - Posttraumatic Stress Disorder, Bipolar Disorder, and Eating Disorders
- Considers both positives and negatives of change, which results in a more realistic change
- Most effective when combined with other therapies
 - 12 Step Programs, Cognitive Behavioral Therapies, and Acceptance and Commitment therapy

References:

- Baker, G. L., & Brown, E. E. (2017). *Motivational enhancement therapy: A review of the literature*. *Journal of Substance Abuse Treatment*, 78, 1-10.
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MURRAY STATE UNIVERSITY